

## CHRONIC DISEASE HEALTH RECORD

Name	Hospital Chart No.
Date of Birth/Age	Family Name
Sex	Village

### CHRONIC HEALTH PROBLEMS


**Chronic Disease needs life long management. Poor control means increased risk of stroke, heart disease, kidney disease, peripheral vascular disease.**

**Good management decisions are based on good assessment of; weight, blood pressure, pulse (both rate and rhythm), blood sugars, kidney function, urinalysis, pedal pulses, and general condition of feet.**

**HYPERTENSION** - elevated blood pressure - normal is less than 140/90.

**Goal for control of BP is 140/90 or less.**

**Treatment** - low salt diet, weight control, exercise, medications\* (refer to Vanuatu Health Workers Manual)

**Heart Disease is often a result of chronic hypertension**

Congestive Heart Failure (pump/heart muscle) failure, Atrial Fibrillation, Angina

**DIABETES** - fasting blood glucose greater than 8mmol/l

**Goal for control of glucose - fasting glucose 5-8mmol/l**

**Treatment** - Diabetic diet, exercise, weight control, medications \*(refer to Vanuatu Health Workers Manual)

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